

عنوان مقاله:

Explaining Adolescents' Experiences of the Impact of COVID-19 Pandemic on Lifestyle Behaviors

محل انتشار:

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خلاصه مقاله:

Aims: Since ۲۰۱۹, Covid-۱۹ has become a public health emergency and a global threat. Although adolescents are a vulnerable group, they have not received much attention. Accordingly, the present study aimed to explain adolescents' experiences of the effect of the Covid-۱۹ pandemic on lifestyle behaviors. **Method:** This study was conducted as a qualitative study with a qualitative content analysis approach in Zanjan University of Medical Sciences in ۱۴۰۰. Purposeful sampling consisted of ۲۱ adolescents of both sexes. The data collection method in this study was semi-structured and in-depth interviews. **Findings:** A total of ۱۱۲ initial codes were obtained, which after merging similar codes finally extracted ۸۹ semantic units in ۱۲ subcategories and ۳ main categories including Physical consequences, Psychological consequences and Cognitive-emotional consequences from the perspective of adolescents. **Conclusion:** Considering the formation of lifestyle behaviors in adolescence and the positive and negative effects of coronary heart disease on various aspects of adolescent lifestyle, it seems that governments should pay special attention to this age group that are the future makers of countries and steps Valuable in order for this age group to flourish.

کلمات کلیدی:

Lifestyle Behaviors, Adolescents, Covid-۱۹, Qualitative Study

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